



Obesity Prevention in Early Care & Education

News Blast

April 2016
Issue 62

References to non-federal organizations are provided solely as a service to the audience. These references do not constitute an endorsement of these organizations, their programs and policies, or their research data by CDC or the Federal Government, and none should be inferred.

Next Call Topic: Please join us on April 27th from 3 to 4 pm (EST) for our next DNPAO ECE networking call (Call in line: 1-877-718-2565 Passcode: 67363979). The call will feature the Association of State Public Health Nutritionists (ASPHN) Collaborative Improvement and Innovation Network, referred to as the CoIIN project. We will have an overview of the project from Sandy Perkins of ASPHN, and hear presentations from Kate Holmes of Louisiana and Emia Oppenheim of Ohio. The call will be recorded and archived and details of how to access the recording will be sent out after the call.

Our March call summarized four recent systematic reviews from the field of early childhood obesity prevention. The call featured Carrie Dooyema and Nora Geary from the CDC's Early Care and Education Team. If you would like to hear a recording of the call please dial (888) 809-2993 or email eceobesity@cdc.gov for an audio file.

Federal Highlight: New Child and Adult Food Care Program Rules were released!

New Child and Adult Care Food Program (CACFP) rule

The USDA released the final rule for the Child and Adult Care Food program. Centers and day care homes must comply with the new meal standards by October 1, 2017. Young children will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. Further, the new meal patterns will improve access to healthy beverages, including low-fat and fat-free milk and water, and encourage breastfeeding for the youngest program participants. The updated meal pattern regulation, one-page summaries, and meal standard charts are available [here](#).

ECE News and Resources

Policy Brief on Obesity Prevention in Childcare and Hospitals

The Child Health and Development Institute of Connecticut released [a brief](#) that provides examples of specific ways child care settings and hospitals can help young children get off to a healthy start. While the messages are targeted to Connecticut's providers, they are applicable to providers across the country. Review the [brief](#) for an overview of childhood obesity, reasons why early intervention is important, and examples of specific obesity prevention strategies. Specific obesity prevention strategies are organized within the following policy opportunities: 1) Increase support of breastfeeding mothers in

* Calls typically occur on the 4th Wednesday of the month, subject to change due to speaker availability and federal holidays. To join the CDC Obesity Prevention in ECE listserv please e-mail: eceobesity@cdc.gov

hospitals, child care centers, and group child care homes; 2) Serve only healthy beverages in all child care settings; 3) Help child care centers and group homes follow good nutrition guidelines; 4) Increase physical activity time for infants and toddlers in all child care settings; 5) Protect infants and toddlers in all child care settings from “screen time.”

Farm to Child Care Curriculum

The Institute for Agriculture & Trade Policy (IATP) created a [Farm to Childcare Curriculum Package](#) that gives childcare providers a roadmap to start their own Farm to Childcare programs. The curriculum includes practical, experience-tested strategies to try out new approaches in child care settings, such as menu innovations, classroom activities and family engagement ideas. Visit IATP’s Farm to Childcare [homepage](#) to learn more about Farm to Childcare, including [highlights and lessons learned](#) from Minnesota’s Farm to Childcare program (F2CC).

New Report on Home-Based Early Care and Education Providers

The Administration for Children and Families (ACF) released a new report, [Characteristics of Home-based Early Care and Education Providers: Initial Findings from the National Survey of Early Care and Education](#), which is based on analysis of the National Survey of Early Care and Education. Two highlights from the report are listed below.

- The vast majority of providers who care for others’ children in a home are “unlisted,” meaning that they are not licensed, regulated, or registered with a State or local government. There were more than 3.6 million such providers in 2012 caring for about 6.3 million children. Almost 1 million of those providers accepted pay for their work.
- By comparison, just 118,000 FCC providers are “listed,” which means that they are licensed, regulated, or registered with a State or local government. They care for 750,000 children from birth to age 5 on a regular basis, and most of them are paid for their work.

Four Community Summaries Highlighting Childhood Obesity Declines

To better understand reported declines in childhood obesity rates in the US, [the National Collaborative on Childhood Obesity Research \(NCCOR\)](#) collected data, which included exploring obesity prevention strategies used across a variety of settings and performing interviews with key stakeholders. In March 2016, NCCOR released community summary reports about [Anchorage, AK](#); [Granville County, NC](#); [New York, NY](#); and [Philadelphia, PA](#). Each community summary report highlights the community-specific obesity declines, policy landscape, obesity prevention strategies & target settings, and interviews with key stakeholders.

Learning Collaborative on Health Equity and Young Children

The Child and Family Policy Center and the Build Initiative established a Learning Collaborative on Health Equity and Young Children. The collaborative aims to advance policy and practice to reduce health and other disparities that young children experience. A recent webinar, “*Early Learning, Health and the Wellbeing of Young Children and their Families: What Health Has to Offer*,” discussed the social determinates of health and highlighted strategies from maternal and child health. Review the [slide deck](#) and watch the [webinar recording](#) to learn more. This webinar is part of a larger [series of webinars](#), which are publically available. Other topics include “*Health Transformation and Health Equity: Emerging Child Care Practitioner Roles*” and “*Leveraging Local Assets to Address Disparities in the Healthy Development of Children*.”

Call for Proposals, Healthy Eating Research: Building Evidence to Prevent Childhood Obesity

Healthy Eating Research: Building Evidence to Prevent Childhood Obesity is a national program that supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among groups at highest risk for obesity. This [call for proposals](#) is aimed at providing advocates, decision-makers, and policymakers with evidence to reverse the childhood obesity epidemic. Approximately one-third of the funds will be earmarked for studies focused on 1) Rural areas of the US, 2) Asian/Pacific Islanders; and 3) American Indians. **Concept papers are due May 11 (3:00 pm EST) or August 3 (3:00pm EST).** Before applying, be sure to review the [funding opportunity brochure](#) and [frequently asked questions](#).

Request for Applications, National Institute of Food and Agriculture

The National Institute of Food and Agriculture (NIFA) requests applications for the [Rural Health and Safety Education \(RHSE\) Competitive Grant Program](#) to address the needs of rural Americans by providing individual and family health education programs. Applications that include Rural ECE providers as a target audience, and for example, include better personal health/health knowledge and/or better health/health knowledge for the children as outcomes could be considered for this funding opportunity. Proposed projects that provide the following to individuals and/or families in rural areas will be considered:

- Information as to the value of good health at any age;
- Information to increase individual or family's motivation to take more responsibility for their own health;
- Information regarding rural environmental health issues that directly impact on human health;
- Information about and access to health promotion and educational activities;
- Training for volunteers and health services providers concerning health promotion and health care services for individuals and families in cooperation with state, local, and community partners.

Here are two proposal abstracts that received funding in 2015: [Mississippi State University](#) focused on early infant feeding practices and [University of Tennessee Extension](#) focused on improving air quality in child care and home environments. [Applications are due Wednesday, June 1st 2016](#)



Early Care and Education Research

Mendoza, JA, Baranowski, T, Jaramillo, S, Fesinmeyer, MD, Haaland, W, Thompson, D, & Nicklas, TA. Fit 5 Kids TV Reduction Program for Latino Preschoolers: A Cluster Randomized Controlled Trial. *American Journal of Preventive Medicine*. May 2016 vol 50: (5)

Purpose: Reducing Latino preschoolers' TV viewing is needed to reduce their risk of obesity and other chronic diseases. This study's objective was to evaluate the Fit 5 Kids (F5K) TV reduction program's impact on Latino preschooler's TV viewing. Cluster RCT with randomization at the center level (n=160). Latino children aged 3–5 years and their parents were recruited from six Head Start centers in Houston TX. F5K was culturally adapted for Latino preschoolers and the overall goal was to reduce TV viewing. Intervention duration was 7–8 weeks. **Results:** Intervention children's television viewing (minutes/day) decreased from 76.2 (9.9) at Time 1 to 52.1 (10.0) at Time 2, whereas control children remained about the same from 84.2 (10.5) at Time 1 to 85.4 (10.5) at Time 2. The relative difference from Time 1 to Time 2 was –25.3 (95% CI= –45.2, –5.4) minutes for intervention versus control children (n=160, p=0.01). In a similar adjusted model, there was a relative decrease in sedentary time (minutes/day) from Time 1 to Time 2 favoring the intervention children (–9.5, 95% CI= –23.0, 4.1), although not significant at p<0.05.

Take home message: F5K reduced Latino preschoolers' TV viewing by more than 25 minutes daily. These findings have implications for prevention of obesity, related disorders, and health equity.

Cruz TH, Davis SM, Myers OB, O'Donald ER, Sanders SG, Sheche JN. Effects of an Obesity Prevention Intervention on Physical Activity Among Preschool Children: The CHILE Study. Health Promot Pract. April 2016 [Epub ahead of print]

Purpose: Limited research addresses interventions to increase physical activity among American Indian and Hispanic preschool-aged children living in rural areas. We examined the impact of a Head Start-based intervention (Child Health Initiative for Lifelong Eating and Exercise [CHILE]) on physical activity at home. Sixteen Head Start centers in predominantly Hispanic or American Indian communities were group randomized to the six-component intervention or a comparison group for 2 years (n=655 children). **Results:** The relative change in physical activity in the intervention group compared with the comparison group over the 2-year period was 1.56 (95% confidence interval [1.02, 2.38]; p= .04). Among specific promoted activities (ball playing, dancing, active games, jumping, and walking), dancing increased significantly in the intervention compared with the comparison group (2.9; 95% confidence interval [1.2, 7.1]; p= .02). **Take home message:** The CHILE intervention was effective at increasing physical activity at home in preschool children in priority populations. Future research should focus on increasing family involvement and strengthening messaging about physical activity in these populations.

Upcoming Conferences

Please let us know about your upcoming conferences (email to eceobesity@cdc.gov)

- **National CACFP Conference** in Orlando, FL, April 21-23, 2016. To register visit: www.cacfp.org/news-events-conferences/national-cacfp-sponsors-association-conference/
- **Young Child Expo & Conference** in New York City in April 13-15, 2016. To register visit: <http://youngchildexpo.com/nyc-conference/>
- **National Farm to Cafeteria Conference** in Madison, Wisconsin, June 2-4. There is a Farm to Preschool/ECE track at this year's conference. To register visit: farmtocafeteriaconference.org
- **National Association for Family Child Care Conference** in San Diego, CA, July 6-9. To register visit: www.nafcc.org/institute
- **ACF National Research Conference on Early Childhood** in Washington, DC, July 11-13. To register visit: <http://rcec2016.net/index.htm>
- **2016 QRIS National Meeting** in New Orleans, LA, July 12-14. For more information visit: <http://grisnetwork.org/conference/2016-gris-national-meeting> (Early Bird discount ends March 31st)
- **Southeast Farm to School Conference** in Greenville, SC, September 23-24. For more information visit: <http://growing-minds.org/farm-to-school-conference/>

